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Pool house makes big splash

DAN DAKIN/STAFF PHOTO

Evan Collings, a Grade 3 student at E.W. Farr Memorial Public School completes a swimming test at Pelham Community Pool at Marlene Stewart Streit Park Friday. A ceremony was held to mark completion of a $235,500 rebuilding project of the pool house.

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UPFRONT

PELHAM: Medical building part of massive development

Sign of progress for Fonthill Health Centre

DAN DAKIN
QMI Agency Niagara

Though a public meeting to discuss allowing it to be built is still three weeks away, a large sign announcing a new medical clinic in Fonthill has been unveiled.

It's to be the first stage in the massive East Fonthill development project covering more than 40 acres of public and private land bordered by Hwy. 20, Rice Rd. and Port Robinson Rd. When it's completed, the project is proposed to include private and retirement housing, park space, retail and restaurant developments, a community complex — possibly including a new arena — a new Wellspring Niagara regional cancer support centre, as well as the Fonthill Health Centre unveiled last Thursday.

The medical complex will be built on land that was owned by the Town of Pelham and was sold earlier this year to developers for $2.9 million. Two doctors from Barrie, Dave Boushy and Rob Hekkenberg, want to replicate in Fonthill what they're building in their hometown.

The Little Lake Health Centre in Barrie is slated to open in the fall with a team of family doctors and other health professionals. It's being built alongside seniors housing — similar to what's planned in Pelham.

The Fonthill Health Centre is targeted to open in late-2015 and would include between five and 10 doctors, various health specialists, after-hours clinic, a pharmacy, a cafe and space for other offices and meeting rooms. Like the Barrie project, it would be built alongside a retirement home operated by Baybridge Seniors Housing.

"The model we're creating is very similar," Boushy said. "This is our second one and we're certainly interested in building more." Boushy said Fonthill was picked partially because of the changing health-care landscape in Niagara.

"We thought the location, because it's so central, would be great to build a regional type of health centre that would be focused on primary care and even looking at trying to take some services out of the hospital and into the community."

But the health centre, like the rest of the East Fonthill development, still has a few hurdles to clear before the project can move forward.

Though a Secondary Plan has been drafted, public meetings still have to be held before town council can vote on changing the land's zoning from agricultural to mixed use and residential, and on changing the town's Official Plan. Those meetings are both scheduled to take place July 14.

"We have to go through that regulatory process," said Pelham Mayor Dave Augustyn. "There's still time for public input, but based on the open house we had, everyone is saying, 'Let's get this thing going.' It's something people have told us they want in their community."

He said the "best-case scenario" would see the planning approvals in place by the fall and site servicing work started before winter.

While the planning process is moving forward for the public land, David Allen, the private developer who purchased the former town land along Hwy. 20 and wrapping behind the existing Sobey's location, is also planning to build new retail space to be opened around the same time as the health centre.

dan.dakin@sunmedia.ca
Twitter: @dandakinmedia

PETS: Centre St. becomes new hangout for canines

Pelham dog park unleashed

GREG FURMINGER
QMI Agency Niagara

The new leash-free park in Pelham is getting doggone good reviews.

"I think it's fantastic," said Fonthill's Brian Hunt, joined by his cocker spaniel Molly on opening day Saturday.

"She was the first one to christen the parking lot," he quipped.

Hunt marvelled at the size of both gated areas for dogs, including one for smaller canines.

"She gets to run around and exercise properly, which isn't easy to do on a leash," he said.

Welland's Sandy Quesnel, too, said there's the much-needed room to roam that's not offered by the small leash-free park at Prince Charles Dr. and Ontario Rd. in her city.

"You need room for the dogs to move around. If they're too contained you're going to get aggression," said Quesnel, who brought her shiba inu Keisha with her to Saturday morning.

The Centre St. park, just north of Regional Rd. 20, features shady pavilions, new trees, crushed-stone paths, a gravel parking lot and doggy-do bag dispensers.

"A lot of people are saying this is the best one around," said Mayor Dave Augustyn.

Heather Fyfe, a co-founder of People Advocating Leash-Free Zones — PALZ for short — said the layout is good for people with mobility issues in that along its paths are benches and picnic tables at which to rest.

The St. Catharines woman, accompanied by her weimaraner Quest, suggested to visitors that they bring bottled water, have a strong "recall" command word for their dog and leave spiked collars at home.

Financial contributions to the facility included $85,000 from Niagara Region — which owns and operates the former landfill — $35,000 from the town and $10,000 from Pelham DOGS, a lobby group led by Pam DeFazio, who to raise funds held bottle drives and quilted doggy blankets.

"It's bigger than I expected it would be," a soft-spoken DeFazio, who brought along Boston terrier Libby, said of the rural facility.

"Everybody seems to like it."

GREG FURMINGER/STAFF PHOTO

There's a new place for Fido to run free, in in the case of the photo above, for Quest to go hunting for canine pals. Pelham's leash-free dog park is now open on Centre St., just north of Regional Rd. 20.

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Niagara Region

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COMMENT

A thank-you call about Pelham's property taxes

MAYOR DAVE AUGUSTYN

I wasn't surprised when Elaine, the town's long-serving and extremely dedicated taxation clerk, told me that "John" had called about his residential property taxes.

But, I was pleased to learn that he was calling to thank the town because his property tax bill decreased.

You see, John makes a point of calling the town every time we send out a tax notice; that means every six months he calls Elaine or me to complain about his taxes.

I understand that John has generally been pleased with Pelham's modest property tax increases over the years.

For example, the average increase of property taxes on your combined residential property tax bill for each of the past four years was 1.5% (for a four-year total increase of 6%). (For the previous four years — 2007 to 2010 — it was 1.8%, a total increase of 7.3%.)

At the same time, inflation for the past four-year period was 7.35% or an average of 1.79% a year.

That means that Pelham's residential taxes increased 1.35% below inflation over the past four years.

So what has been John's complaint?

John called in the past because his property taxes increased greater than the amount we publish each year. For example, in 2011, the average property tax bill decreased by 0.1%, while John's increased. That meant a hit on his pocket book while others got a break.

How is it possible that he got a break this year, when the average residential property taxes increased by 0.9% in 2014?

Well, the answer is because the 0.9% average increase is only for an average residential property assessed at $298,000 and that increased an average of 2.2% (the average increase of all increases in residential assessment).

But, if your assessed value increases more than the average increase you will pay more than average.

For example, if the assessed value of your home increased by 4% from 2013 to 2014, that's higher than the 2.2% average, and you would pay more than the 0.9% average property tax increase.

By the same token, if your home is like John's property and your assessed value increased less than the average — say by only 1% (instead of the 2.2% average) — you will likely pay less property tax this year, too.

I want to thank John for calling Elaine. Maybe it's human nature, but most people call to complain, to report something or to ask for an improvement. Only a generous few thank town staff and express their appreciation for a program or service.

Thanks, John.

You may contact Mayor Dave at mayordave@pelham.ca and review the modest tax increases as explained in past columns at www.pelhammayordave.blogspot.com.

Shipwrecks: Themistocles

SKIP GILLHAM
For PelhamNews

Themistocles was a Liberty ship from the Second World War.

The vessel had been built at Savannah, Ga., as *Francis S. Bartow* in 1944 and immediately loaned to the government of Greece to help that nation's battered maritime fleet.

Renamed *Themistocles*, it provided general cargo and bulk service under that flag for 27 years.

It seemed to have trouble with its propellers. One fell off while the ship was 800 km east of Florida in September 1946.

The replacement is also on the bottom of the Atlantic Ocean from another incident in December 1947 while the ship was on a voyage from Helsinki, Finland, to Key West, Fla. That propeller was also replaced. It was still in use when *Themistocles* made its way through the St. Lawrence Seaway in 1961 and 1962. The third prop was still attached when the ship arrived for scrapping at Whampoa, China, in February 1971.

PHOTO: JOHN WHITEHEAD COURTESY JIM BARTKE AND RENE BEAUCHAMP

Thermistocles.

Kids are awesome

REV. THOMAS P. ARTH
First Evangelical Lutheran Church

I think throughout history the younger generation has had a bad rap.

There are definite differences between kids' and their parents' and their grandparents' generations. I consider myself young at heart but I have to admit that I certainly notice the differences between my styles, my likes and dislikes, and some of my attitudes, and those of my children. But while those differences exist, I try my hardest not to be critical of the younger generation just because they're not like me and my generation.

But there will always be those who are ready to criticize and compare. "How can they call that music?" "Why can't they wear proper clothes?" "How can they walk around with their pants hanging down so low? You can see most of their underwear hanging out the back." "Kids these days have no respect for their elders." "My goodness, how many more places will they find to pierce?"

When I was a teenager we had our own styles too. My parents' and grandparents' generations thought we were weird, too. My teen years were in the 1980s when punk rock and new wave were popular musical genres with their styles of clothing and corresponding hair styles. It's partly because I remember those years that I try not to be critical of younger generations.

More than just memories of my own youth, I think kids are awesome because of things I see in them. A couple of months ago I saw Welland Centennial Secondary School's production of *West Side Story*. I am a little biased because my son was in the cast but I was so impressed with the talent of those high school kids. I'm also aware of the many hours, weeks, and months of work they put in learning and rehearsing their parts. There was real dedication from those young women and men.

I also see the character of today's young people is on Thursday evenings at youth group. Since September I've been part of leading a joint youth group with First Lutheran and St. James and St. Brendan Anglican churches. I've come to know some of the kids from my church better and some of the kids from the other church too. I've learned that these kids are caring and friendly and not the self-absorbed individuals that the younger generation are so often made out to be.

Then, a couple of weeks ago, our church was visited by a group of 26 youths and their leaders from a Methodist church in Georgia. They shared their talents with us, playing their hand bells, singing, and performing a drama. They did the same for the residents at the Portal Village Retirement Home. The incredible thing was, when they were sightseeing at Niagara Falls, they met a woman who was dying from cancer. She was there with her husband crossing another item off her bucket list. Well, those kids paused from their day of sightseeing to sing for that woman. That showed me that there are young people these days who have character.

It's not about their clothes or their hair styles or their piercings. The saying holds true that it's what's inside that counts. I guess there are differences between generations but I don't think we can make judgments about whether one is good or bad or better or worse. I do believe that God continues to be at work in our world. The Holy Spirit continues to inspire. The prophet Joel had this message from God: "I will pour out my spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, and your young men shall see visions" (Joel 2:28).

God is up to something in our world, always has been, always will be. Some people might not want to call it God's action and they're free to call it what they will. I'm a person of faith who believes that God has a hand in what's going on. And from what I've seen lately there's no one generation that has a lock on the good that God might do through them. The more time I spend with the younger crowd the more I realize, kids are awesome. Praise the Lord.

Young green-thumbs

SUPPLIED PHOTO

Master Gardeners of Niagara sponsored an annual flower potting seminar recently for 15 St. Alexander Elementary School garden club members. Pictured front row: Trista Sammutt, Abbey Grande, Isabella Boom, Konrad Fuks, David Herr, Gwen Gibson. Second row: Ashly Corriveau, Lauren Gallant, Natasha Mambella, Adam Jones, Connor Eller. Third row: Vanessa Bilsborough, Sophia McQueen and master gardener Cecile Letourneau, and educational assistant Sandy Forand.

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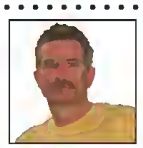

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Summer solstice brings roses to paint garden

If I had to pick a favourite month in the garden, it might be June.

The borders are lush and full of gentle pinks and blues: Johnson's Blue geranium, pink cranesbill, Blue Star amsonia, clouds of catmint, violet bearded iris, and dreamy old fashioned roses. A rich tapestry of greens including shrubs and trees, ornamental grasses and later-blooming perennials support June's glorious show.

Just in time for the summer solstice, the longest day of the year, the shrub roses have painted the borders with broad strokes of crimson and pink. Dotted along the border valiant, independent tea roses, such as Pristine and Rainbow Niagara, are ready to strut their stuff. Valiant and independent may be unusual monikers for roses. In this mixed border, roses are left to fend for themselves, only the most hardy and self-sufficient will survive.

Roses in the front garden read like a history book: John Cabot, John Davis, Martin Frobisher and Frontenac, hardy shrub roses from the Explorer Series developed by Agriculture Canada in Ottawa, to be hardy to –35°C with little snow cover. Self-sufficient, they are rarely bothered by pests or disease, though my Frontenac rose has tender foliage that succumbs to powdery mildew by midsummer in some years. I just cut the back the diseased canes in early August. By this time, the garden is quite full and the other plants appreciate the extra elbow room. Frontenac will often send up shoots to bloom in the autumn, otherwise, it comes back the following spring. The garden faces south, but is open to strong westerly winds; these hardy roses bave returned year after year despite the challenging site. John Cabot rose has handsome red hips for winter interest.

The back border includes a selection of rugosa roses: pink and red Grootendorst, have vicious thorns, redeemed by a very hardy constitution and a nice repeat bloom late in the season. Soft pink Therese Bugnet roses, also in the rugosa clan, grace the back of the vegetable garden. Volunteers from the compost pile, these hardy roses flower profusely in June and then gently until the snow flies, without so much as a nod from me.

Bracing itself on the arms of an old plum tree, an unnamed soft-pink pillar rose is the star of my June border. This beauty stretches nearly three metres tall, and is loaded with blooms for weeks on end. The flowering slows down during the dog days of summer, but picks up again in the autumn. I purchased this rose on the advice of a knowledgeable rosarian, Carl Pallek of Virgil, before he retired. "Try this rose, it's an old variety, you'll like it."

He was right.

A pair of David Austin English Roses held court in the back border. I love their old fashioned charm, rich perfume and easy care habit — Heritage and Eglantine are perfectly content to grace the back of the border offering colour and delicate form in June and beyond.

Last summer I added Crown Princess Margareta, with lush apricot coloured rosettes made up of 120 petals and a strong fruity, Tea Rose fragrance. When mature, this rose will reach 1.5 metres and have an arching form, clusters of large flowers are characteristic. It is reported to thrive under tough conditions. It survived a very harsh winter this year, so Crown Princess Margareta is off to a good start.

Lately, I've been flipping through the David Austin *Handbook of Roses 2014* (www.davidaustinroses.com) and dreaming of adding more English style roses to the border. With names like Heathcliff, Bishop's Castle, and Falstaff, I could design a romantic garden with a literary theme. But I'm reading beyond the clever names, looking for roses that are not only old-fashioned and beautiful, but repeat bloom, are very hardy, fragrant and possibly thornless. Too much to ask?

Theresa Forte is a local garden writer, photographer and speaker. Reach her by calling 905-351-7540 or by e-mail at theresa_forte@sympatico.ca.

ROSE SHOW

If you love roses, Niagara Falls Horticultural Society's 61st annual rose and flower show is June 19 from 3:30 p.m.to 6:30 p.m. at Niagara Falls Public Library on Victoria Ave.

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Walking Club - Everyone is welcome! – July 3

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

Summer Programs – Aquatics & Summer Camps

Registration is now open for swimming lessons, the Pelham Penguins Swim Team, Summer Day Camps, Playground Program, Specialty Camps: Bike Camp; Art Camp; Sports Camp; You're the Chef Camp. Registration forms are available at pelham.ca and at Town Hall.

COMMUNITY EVENTS & NEWS

Pelham Farmers' Market – May 1 until October 30 - Pelham Town Square – June 19 Market Bucks Winner: Margaret Sibbett
Come out and meet your local market vendors and purchase food that is fresh, high in quality and the next best thing to harvesting it yourself. Every Thursday from May 1 to October 30, 4:30pm till dusk.

Town of Pelham Summer Fun Days – Start your summer with us and register your kids for four amazing daily trips during the week of June 30 until July 4 to Safari Niagara, Toronto Aquarium, Wild Waterworks and Ballhockey.com. Lunch included. Call 905-892-2607ext 329 for more info.

Heritage Tea – Saturday, June 28 at Ridge Berry Farm Tea Room – 3 seatings: 12 pm, 1:30 pm & 3:00 pm – Hat/Fascinator Contest at each seating – Tickets $10 available at Town Hall & Ridge Berry Farm

Pelham Summerfest 2014 – Keep an eye on our website pelhamsummerfest.ca for details on all the amazing events happening at Summerfest

Free (((Wi-Fi))) available @ Peace Park in Fonthill. Be sure to check it out when attending any summer events or taking a stroll through the park!

HAPPY CANADA DAY IN PELHAM!

AGRICULTURE

Soggy spring a challenge for cash croppers

ROB HOULE
QMI Agency Niagara

He's two weeks behind, but at least he's a week ahead of last year.

That's the bad and the good news as it relates to spring planting at Joseph Schonberger's Darby Rd. farm in Port Robinson.

The president of the Niagara South Federation of Agriculture said Monday afternoon he was awaiting seed to be delivered so he could start planting 92 hectares of soybeans and 28 hectares of corn.

He said a wet, cold spring has set back seeding to the point many farmers have opted not to plant corn, which requires a longer growing season. He said crop farmers aim to have corn planted in May and April.

"Three years ago, we had a late spring," Schonberger said. "And some of the boys successfully grew corn in the second and third week in June. Apparently, they're not trying that this year because it's cold."

Schonberger said those growing corn this year are likely aiming to use it as silage to feed livestock.

He said the price of corn is not likely to be affected by anything that happens north of the U.S. border.

"Not much of what happens in Canada affects the price of anything," Schonberger said. "The price is generally set in the United States and on world markets."

He said a late planting season will affect crop rotation. Once soybeans are harvested, some farmers plant winter wheat in those fields. But with Niagara farmers looking at a late harvest of soybeans, it will be too late to plant winter wheat.

"If you're going to insure it with crop insurance, it (winter wheat) has to be planted by Oct. 31," Schonberger said. "I would think since most soybeans are being planted now, we're going to be combining into November."

The deadline to plant corn and soybeans covered by crop insurance is June 30.

Once the seed is in the ground, Schonberger said crop farmers rely on Mother Nature's help.

"We need a little help every year," he said.

While Schonberger was looking to get started, over in Wainfleet on Monday Lenny Aarts of Aarts Farms was just finishing up a "difficult" planting season that extended nearly three weeks beyond the norm.

"First of all, we went through a hard winter and we had a late spring," Aarts said. "A lot of times, we're planting in April. Well, we started planting at the end of May this year."

Aarts said frequent days of rain meant long hours working the fields on the days when the skies did not open up.

See CROPS on Page 9

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Water pools on a parcel of land planted in soybeans off Merrittville Highway in Thorold Wednesday.

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LOCALNEWS

■ CROPS

Farmers switching to soybeans

From Page 8

Aarts and his family grow winter wheat, corn and soybeans on approximately 1,200 hectares in Wainfleet and Dunnville. He said a wet spring resulted in the planting of soybeans in a number of fields he had earmarked for corn. He said he had intended to plant 520 hectares of corn, but ended up planting only 400 hectares.

"It's all about timing. With corn, you only have so much time (to plant)," Aarts said. "After June 10, you don't want to be putting in corn, because what happens is you put that corn in and in the fall it doesn't mature and it's poor quality."

Aarts said he knows of many farmers who returned corn seed to suppliers and switched to soybeans. He said he doesn't risk planting winter wheat beyond mid-October, so he doubts he will have much to harvest next summer.

"Every year is different," Aarts said. "But basically, the later you put things in, the less yield you're going to get. And the poorer the quality is, too."

In north Niagara, heavy rain Monday set back cash croppers already "well behind" in their planting, said Henry Wierenga, a member services representative with the Ontario Federation of Agriculture.

"I know a number of farmers have switched from corn to soybeans and I would suggest maybe that's in question too as the time keeps dragging on," said Wierenga, whose territory covers Hamilton, Halton and Niagara.

"It's been a frustrating planting season, no question."

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Grapes feeling the winter squeeze

DON FRASER
QMI Agency Niagara

A nasty winter has taken its toll on Niagara's vines.

But the damage is location-dependent and still not fully assessed, said Grape Growers of Ontario CEO Debbie Zimmerman.

She said Merlot, a sensitive variety, seems to have taken an especially big hit after a winter that saw temperatures dip below –20°C.

Vidal varieties, normally a hardier hybrid, and Chardonnay have also struggled as their early grape bunches form.

"What was looking like a not too bad harvest is becoming a little more challenging," said Zimmerman. "We're got challenges in all varieties, but it is very sporadic, too.

"One area is not so great, then other areas are not so bad."

She said a third-party assessment on the status of the vines is being finalized. And by mid to late July, a "very good" determination of the vines' state should be known.

"We know the (Ontario) grape crop is not going to be the 80,000 tons from last year, that we know for sure," Zimmerman said.

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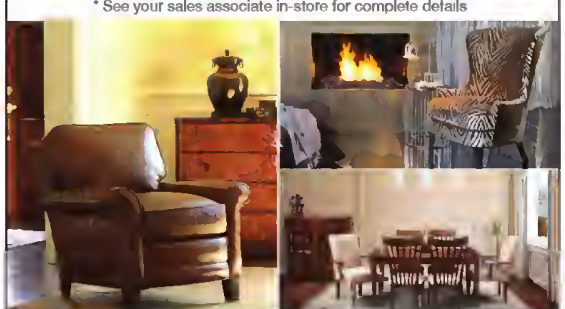
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INVESTORS BILKED OUT OF $4.4 MILLION

Niagara residents arrested in fraud probe

ALISON LANGLEY
QMI Agency Niagara

Police say a multimillion-dollar scam that bilked international investors out of $4.4 million has strong ties to Niagara.

According to the RCMP, investors were told that a biomedical company was going to open a number of clinics after they had developed an early stage breast cancer infrared detection system that had received approval from the U.S. Food and Drug Administration.

Police say the medical technology had not been approved and none of the investors' money went towards opening any clinics or purchasing any equipment.

"The RCMP is committed to bringing to justice those who seek to defraud investors through elaborate schemes," said RCMP Insp. Ann Koenig.

"Ensuring Canada's economic integrity continues to be a priority for the RCMP."

The RCMP launched an investigation into the matter after receiving information of a possible investment fraud from the Ontario Securities Commission.

The investigation revealed that between 2003 and 2006, more than 150 investors from the U.S. and the United Kingdom were enticed to invest by purchasing shares of National Detection Clinics.

Police say the company, formerly known as Discovery Biosciences, was operated by Ivan Cavric, 54, of Welland.

According to several online profiles for Cavric, he is the president and managing director of PrimeQuest Capital Corp.

PrimeQuest is described as a "virtual venture capital corporation with the capability of acting as an incubator for new ideas and start up ventures."

He is also listed as an ordained minister and author and president of the Global Forex Association.

Charged last Thursday with various offences including fraud over $5,000 and money laundering is Cavric; Joanne Woodcroft, 49, and Tabitha Dempsey, 31, both of Niagara Falls; Americo Derosa, 58, of Niagara-on-the-Lake; Terri Costiff, 42, of Thorold; Joane Laprise, 53, and Katherine Bassi, 64, both of Welland; Elwood Henkle, 64, and Sandra Landsman, 71, last known addresses in Pefferlaw, Ont.; Sharon Finestone, 65, of Jackson's Point, Ont.; and Frederick Kimber, 55, of Hagersville, Ont.

A number of people were arrested this week and arrest warrants have been issued for Derosa, Henkle, Johanson and Landsman.

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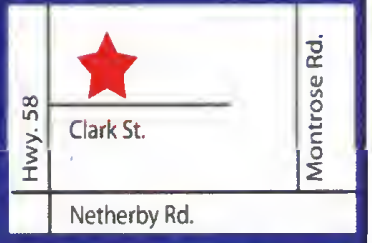

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ANIMALS

Tiger dies at Safari Niagara during school trip

TONY RICCIUTO
QMI Agency Niagara

It's unfortunate that a Siberian tiger named Sassy died Thursday at Safari Niagara while the park was open and young school children were present, but it's a part of life, general manager Tim Tykolis said.

Sassy, who was about 16 years old, had been battling an age-related illness, osteoarthritis — a degenerative, bone-grinding arthritis — and park officials had been monitoring her condition over the last six months.

Crissy Schneider of Grimsby said her five-year-old son, Jackson, was at the park with her husband, Derek, when the incident happened and it was quite upsetting. Her son attends Our Lady of Fatima school.

Safari Niagara is a 60-hectare, privately-owned and operated nature park. It is located in Stevensville and is home to more than 750 animals of native and exotic mammals, reptiles and birds.

Tykolis said Sassy was about eight weeks of age when they got her, several years before the park opened in 2002. She was an Amur tiger, but most people will be more familiar with the name Siberian tiger.

"It's the whole circle of life, it happens to animals and to all of us, we live our lives and we pass," said Tykolis. "It's just unfortunate that it happened when people were in the park. We had been watching her closely and because of her age and condition she had been slowing down. It's a part of life and we are going to miss her greatly."

The park will be planting a tree in her honour on World Animal Day in the fall.

Once park officials were notified of the incident, their senior animal care manager attended to assess the situation and the area was sealed off and she was removed from that location.

Sassy was kept with another tiger, a male named Rasha, and they have been together about three years.

"It's going to be tough on Rasha and we will have to find him another mate. That could take a bit of time to find him the right mate," said Tykolis.

He noted that people who have season passes get to know many of their animals and miss them when something like this happens. And, that also goes for their staff who have contact with them on a daily basis.

"There were a lot of people who were saddened by her passing and have given their condolences," said Tykolis, who also sent out a notice to their staff and have reported the dead on their Facebook page.

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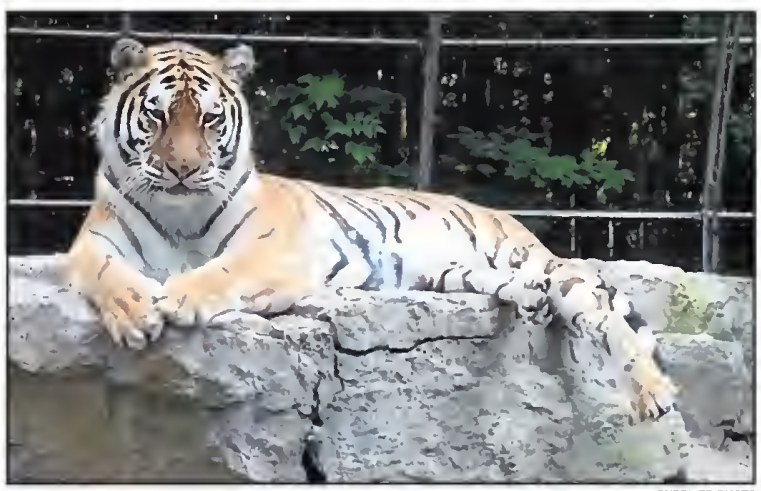
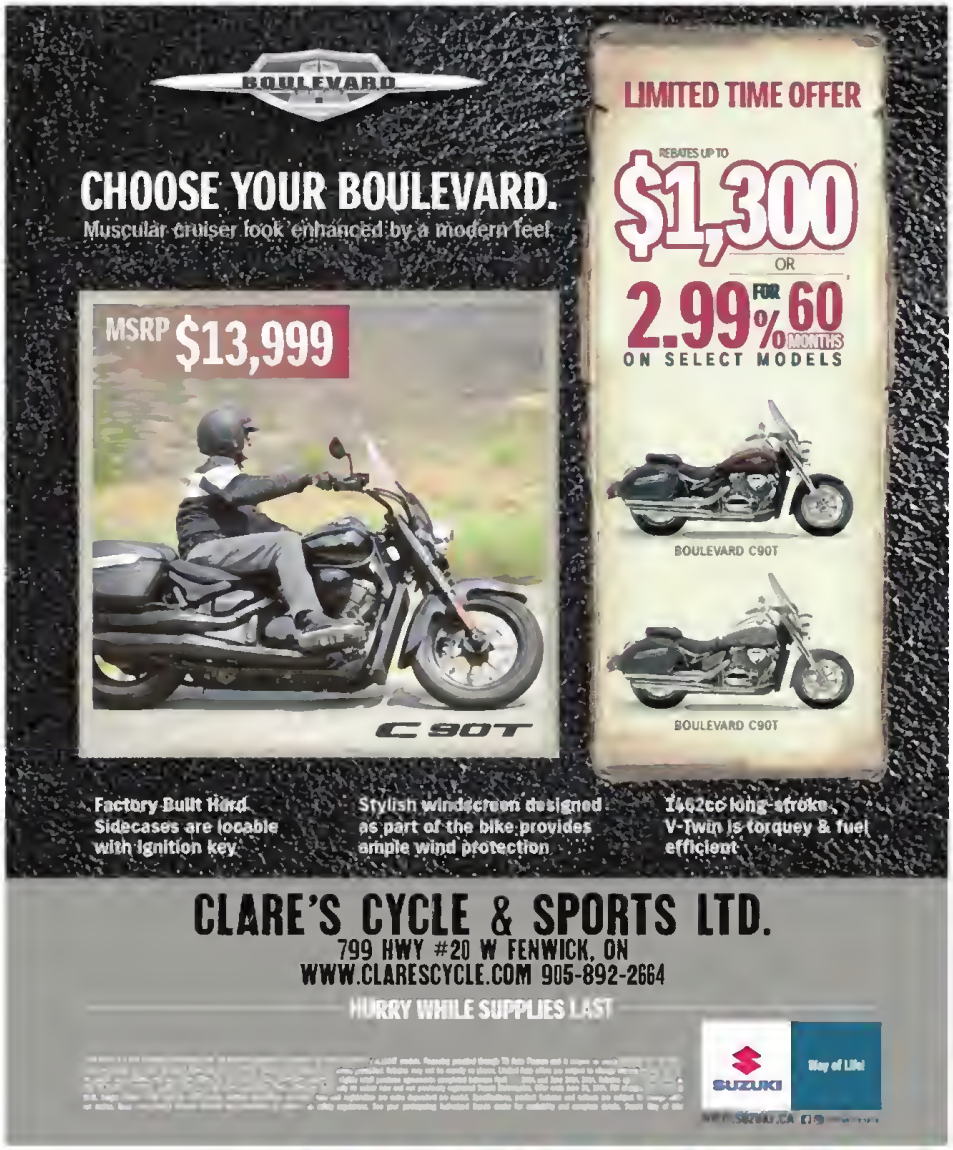


SUPPLIED PHOTO

Sassy, a Siberian (Amur) Tiger, at Safari Niagara in Stevensville, died last Thursday. She had been battling age-related illnesses.



WELLAND ROSE FESTIVAL: Young anglers lured to flatwater centre

GREG FURMINGER/STAFF PHOTO

Families are lured to Welland International Flatwater Centre Saturday morning for the Welland Rose Festival's children's fishing derby.

Fishing derby has kids hooked

GREG FURMINGER
QMI Agency Niagara

Fisbing always reels in 12-year-old Brendan Gingras.

"It's fun. It teaches me a little patience — and I get to spend time with my family."

His comments pretty much summed up the philosophy behind Welland Rose Festival's children's fishing derby, which Saturday morning lured dozens of people to Welland International Flatwater Centre.

Brendan's grandfather, Fred Cowell, said the boy who found himself reeling in sunfish and bass couldn't wait to get to the fishing hole before his younger siblings arrived.

"He woke up at five after seven and he was disappointed he wasn't there yet," he said with a smile.

The children's derby ran 7 a.m. to noon. Prizes were offered to the kids who caught the most fish in varying age groups.

Judy Gingras said the festival derby has been a longstanding tradition in her family.

"We've been coming out for about 25 years — when the kids were little and now with the grandchildren."

While most participants looking for a good fishing spot were booked by the flatwater centre's floating docks, non-motorized craft were made available for the first time.

But a dock was a perfect place to roam — and feed from a box of Timbits —for five-year-old Connor McLaughlin.

He was brought to the event by his uncle, Charlie Zarb, and his seven-year-old cousin Emma.

"It was Father's Day last weekend and we missed (activities in) Port Colborne, so we figured we'd come out here today," Zarb said.

Emma, who had plenty of luck reeling in sunfish, wouldn't have it any other way Saturday morning.

"It's fun," she said. "The worst part is you have to wait for the fish."

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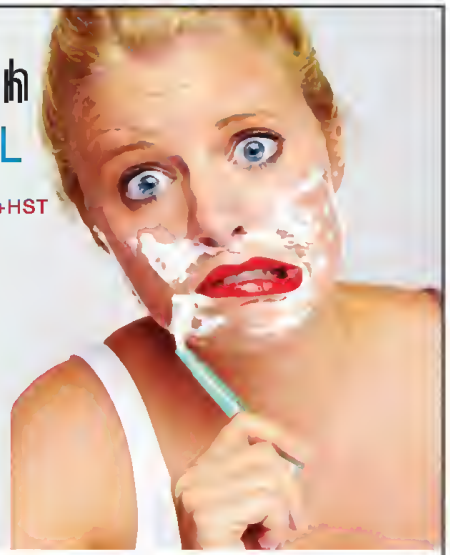

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LOCALNEWS

■ WINNING

St. Catharines woman two times lucky

BILL SAWCHUK
QMI Agency Niagara

Some people wait their whole lives to win something in a draw or lottery.

Wanda Beynon of St. Catharines won twice in a month.

First it was a the LCBO/Mother's Against Drunk Driving Speak Up & Win contest. That netted her to use of a new 2014 Kia Rondo for a year. She picked the car up May 25.

On Father's Day, Wanda and her retired hushand, Gary, received a call from Hospice Niagara informing her that she had won a Harley-Davidson Sportster 833 motorcycle. "The ticket was in my name, hut he claimed the hike," she said with a laugh. "Gary very quickly got his phone out and Googled to see what the hike looked like. He doesn't ride, hut he has already picked up the motorcycle handbook. He did a little bit of riding hack in high school in the early 1970s.

"I'm definitely enjoying the Kia. He can ride the motorcycle."

Beynon hought only one ticket in each draw and that was enough to win. The lucky streak is, however, putting some pressure on the longtime Niagara resident.

"I huy the lottery tickets for my family, and they are asking how I can win two vehicles in a month hut can't win us anything on the 6-49 numhers," she said. "If we are in a grocery store and there is a hox set up, or some place where you can fill a hallot and you have a chance to win something, I am one of those people who have to fill in the hallot. I'm always willing to try my luck."

bill.sawchuk@sunmedia.ca
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BOB TYMCZYSZYN/STAFF PHOTO

Wanda Beynon is the winner of two draws in one month.

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SUPPLIED PHOTO

Jim Wesley of Fonthill poses with his $1-million prize at the OLG claim office in Toronto.

The million-dollar man

QMI Agency Niagara

A Fonthill senior is $1 million richer after winning on a June 11 Lotto 6/49 ticket.

James Wesley's numbers came up for the 6/49 draw's Guaranteed $1 Million Prize.

He purchased his winning ticket at the Haist St. Avondale in Fonthill, according to a release from Ontario Lottery and Gaming.

Lotto 6/49 includes its Guaranteed $1 Million Prize Draw with every regular draw. There have been 96 of those draws to date, with 46 of the winning tickets sold in Ontario.

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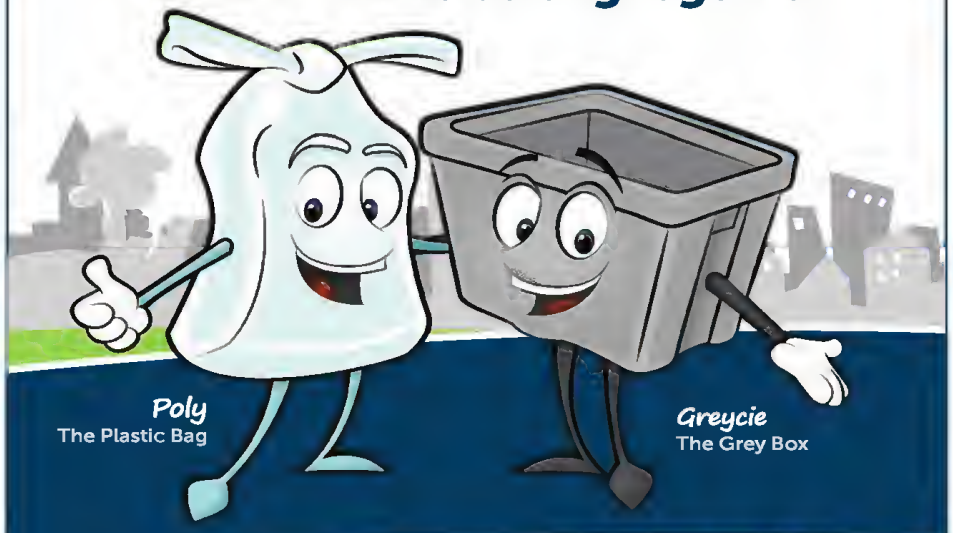

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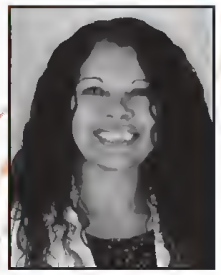

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LOCALNEWS

Library notes

Last time, I outlined the various programs organized by Pelham Public Library's children's department to keep children aged six to 12 amused during the summer, hut how ahout two- to six-year-olds?

Of course, they haven't heen forgotten. There are a number of storytimes just for them. All take place Thursdays at 10:15 a.m. and include a story, a craft and activities geared to the story. Venues so please take note:

■ Bubhle Magic: July 10 at the Fonthill hranch

■ Dinosaurs are Great: July 17 at the Maple Acre hranch in Fenwick

■ I Love Bugs: July 24 at the Fonthill hranch

■ Trucks and Trains are Terrific: July 31 at the Maple Acre branch in Fenwick

■ Fingerpainting Fun: Aug. 7 at the Fonthill branch

Each storytime costs $3 per child. Advance registration is required. At the time of registration, please indicate any food allergies the child has.

For children of any age who enjoy Play-Doh fun and can get to Maple Acre branch in Fenwick, there is a drop-in activity — i.e. no pre-registration required — which costs just $2 per child and takes place on specific Fridays from 10 a.m. to 11:30 a.m.

■ July 11: Five green and speckled frogs

■ July 18: Buttons and Play-Doh

■ July 25: My garden creation

■ Aug. 1: I love letters

■ Aug 8: Animals are awesome

Also on Fridays, but at the Fonthill Branch, is a Lego drop-in. The happens between 1:30 p.m. and 3:30 p.m and is free. Registration is not required hut supervision is. Use our Lego or hring your own. Lego Fridays take place July 11, 18 and 25, and Aug. 1st and 8.

Anyone who is interested in hirds, particularly in raptors, would enjoy a program heing put on by the Canadian Raptor Conservancy in Peace Park opposite the Fonthill library (in the Library Festival Room if it rains). It takes place at 1 p.m. on Thursday, July 24, and is free, hut please pre-register at the circulation desk.

Also unlimited as to age group is 3, 2, 1 Blast Off, a recycling program put on by Niagara Region puhlic works. This game-filled quest to save landfill space takes place in the Festival Room of the Fonthill hranch on Wednesday, Aug. 6, at 10:30 a.m. and costs $2 per participant. Register at the Fonthill hranch circulation desk.

More on the reading club: if you didn't sign up for the TD Summer Reading Cluh you still can. Register now and get a sticker on our Wall of Fame for every book read (age appropriate, of course). Come in and report on the hooks you have read starting July 7 and receive your first reading incentive and ballot. Reporting days: Mondays July 7, 14, 21, 28, Aug.5 (Tuesday hecause of the civic holiday) and Aug.11. BBQ Day, which rewards reading club participants with a free hotdog, or hamhurger, and a drink takes place on Friday, Aug. 15 at noon.

Finally, another tasty treat: the ice-cream social for children and adults is on Monday, Aug. 25 at 2 p.m. Make ice cream in a baggie. Share the work and enjoy the fruits of your lahour, at the Fonthill hranch. Cost is $4 per person.

And that's all this time. Come in and enjoy one of these fantastic entertainments arranged and hosted hy Mrs. Bennett, Miss Fulop or Miss Sarah.

See you at the lihrary.

IN BRIEF

Boy pulled from Bissell's pool

A young boy was taken to a local hospital after a lifeguard pulled him from the pool at Bissell's Hideaway Resort in Pelham at about noon Sunday, said resort owner Ed Miklavcic.

Miklavcic said lifeguards quickly brought the child to the surface and revived him using CPR.

The child was breathing and walking when firefighters arrived.

He was taken to St. Catharines hospital for treatment.

Water festival gets RBC grant

The Niagara Children's Water Festival has received a $5,000 RBC Blue Water Project grant.

The festival event is a partnership between Niagara Peninsula Conservation Authority, Niagara Region, Ontario Power Generation and City of St. Catharines. Since its 2003 start, more than 50,000 students in grades 3 and 4 have learned through hands-on activities about the importance of water resources. It is offered to all schools within the peninsula watershed at no cost to participants.

RBC became a festival partner last year.

This year's Niagara Children's Water Festival takes place at Ball's Falls Conservation Area Sept. 16 to 19.

In 2007, RBC unveiled its 10-year, $50-million Blue Water commitment to ensure people around the world will have clean, fresh water. More than $38 million has so far been awarded to more than 650 organizations worldwide.

Dr. Christopher Joseph Colosimo

ANNOUNCEMENT

Dr. Christopher Joseph Colosimo (generol dentist) is o new groduote of 2014 from the University of Alberta. He entered dental school ofter completing 3 yeors of generol sciences ot the University of Woterloo obtoining o Bochelor of Science (BSc). Dr. Colosimo is up to dote with current stondords of core ond dentol treotments. He olso strives to leorn more with continuing educotion courses ond workshops. He enjoys on octive lifestyle, trovelling ond spending quolity time with fomily. Dr. Colosimo wos born ond roised in Niogoro Folls.

He begon his poth to dentol school by shodowing ot Wellond Dentol Core, ond is excited to be welcomed os o member of the teom to continue his coreer in this profession.

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LOCALNEWS

■ CIRCLE NIAGARA

Riders, bands bring community spirit

GREG FURMINGER
QMI Agency Niagara

There was plenty of eye-candy for motorcycle enthusiasts at the Niagara Regional Exhibition grounds on the weekend.

Choppers, bobbers, vintage bikes and plenty of glistening chrome and masterful paint jobs.

They caught the attention of people who don't ride, too, when Welland Heritage Council and Multicultural Centre and Quinn Custom Motorcycles teamed up to present the first Circle Niagara Motorcycle Bike Run.

It was just what Pelham's Ced Dixon needed to make for an enjoyable day on the open road.

"My wife saw it on the Internet (Friday), so I figured I'd go just for something to do," he said.

Dixon, who is 53, has been riding since he was 19, including the 1986 Honda sportbike he bought new and had ready for the road this weekend.

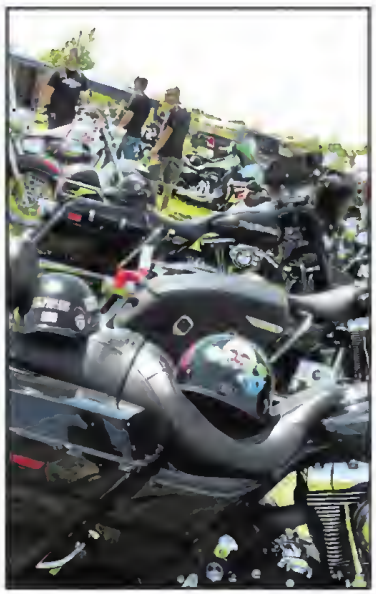
Proceeds from the run were earmarked for the multicultural centre's emergency shelter costs and its Employment Solutions youth programs. The goal was to raise at least $5,000 to help offset a loss in federal funding.

"We had about a hundred riders, which is pretty good for a first-time event," said Claire Masswohl, the multicultural centre's executive director.

Few motorcyclists registered in advance, instead waiting until the last minute to ensure there'd be sunny skies, she said.

Riders left the Niagara St. fairgrounds in the morning, headed to Niagara-on-the-Lake Golf Club, made their way to the Palmwood Hotel in Crystal Beach, then headed back to Welland.

Quinn Camp said it was an enjoyable ride, not too hot.



GREG FURMINGER/STAFF PHOTO

Sweet rides attract attention at Niagara Regional Exhibition grounds in Welland during the weekend-long Circle Niagara Motorcycle Bike Run, staged in support of programs offered by Welland Heritage Council and Multicultural Centre.

"We had a good turnout of riders," he said. "It was a long stretch of us down the 406."

The two-day event featured the Saturday ride, and on both days vendors and local musicians.

"The bands were fantastic," Masswohl said, adding there are plans to renew the event next year, but possibly shift the organized ride to a Sunday.

greg.furminger@sunmedia.ca
Twitter: @GregAtTheTrib

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IN BRIEF

That 60s Show at Fonthill bandshell

It's time for a nostalgic trip back to the days of peace, love, war, protest, hippies, flower power, sex, drugs and rock and roll.

This Thursday's featured performance at the Fonthill bandshell is by That 60s Show, a new musical production that salutes the most influential decade of our time.

With an 11 piece band featuring six-time Juno nominee Mladen Alexander (Triumph, Tom Cochrane), top five Canadian Idol finalist Mookie Morrison, Latin pop sensation Vivianna Castell, a horn section, and two sexy go-go dancers, the show jumps off the stage and thrills audiences with its dynamic high energy performance, a news release says.

That 60s Show features the biggest hits of the 1960s.

The free bandshell concerts — donations are accepted — run throughout the summer on Thursday from 7 p.m. to 9 p.m. in Pelham's Peace Park. For more information, visit www.fonthillbandshell.com.

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R.Ph.B.Sc.PHM

SUNSCREEN

Sometimes the sunscreen aisle can be difficult to navigate. However, it is important to understand what you are buying. There were around 60,000 new cases of melanoma (an increase of 2.5% per year in the past decade) and around 8,000 deaths from melanoma in the U.S. in 2006.

SPF is often misunderstood. SPF applies only to UVB rays. SPF is a number that estimates how long a person can stay in the sun without an obvious sunburn. If a person would burn in 10 minutes with no protection, than an SPF of 15 will protect fifteen times longer or for 150 minutes, and SPF of 30 would protect thirty times longer or 300 minutes.

UVA protection is the other side of the story. UVA rays cause skin aging and skin cancer but not a visible sunburn. As of yet there is no rating for UVA protection. In order to get UVA protection you need to read the label. Look for sunscreens labeled broad-spectrum. Or, look for ingredients that are UVA blockers such as Mexoryl SX, avobenzone, zinc oxide, or titanium.

Sometimes patients complain of sensitivity or rash from their sunscreen. These patients should look for a sunscreen blocker with either zinc oxide or titanium dioxide. It is the other ingredients in sunscreens which can cause the irritation.

Even if a product is listed as water resistant it still needs to be reapplied after swimming or heavy sweating. It may only be effective for up to 40 minutes in water.

Sunscreen needs to be applied 20 minutes before exposure and reapplied every 2 hours. About one ounce is needed to cover the full body.

Don't buy sunscreen/ bug repellant combo products. Sunscreen should be applied before insect repellent. Insect repellent doesn't need to be reapplied as frequently as sunscreen and applying them at the same time may increase the absorption of DEET.

UVA rays can increase a patient's sensitivity to certain medications and cause photosensitivity reactions. A broad-spectrum sunscreen will help protect against this, however it may be best to avoid too much sun exposure if you are taking any of the following classes of medications. These include: NSAIDS, certain antibiotics, anticonvulsants, antidepressants, diuretics, and oral contraceptives. If you're not sure and you are starting a new medication ask your pharmacist if there is any problem with sun exposure.

Tanning booths are not necessarily a safe way to tan either. Newer tanning devices expose a person to mostly UVA rays. Although UVA doesn't cause burning it can cause melanoma, the most deadly form of skin cancer. If you are concerned about your health and safety it is probably best to avoid them.

If you do get a sunburn it is best to apply cool compresses and a good moisturizer. It you put the lotion in the fridge it will have an added cooling effect. Avoid gels and ointments as they can hold the heat in and make your burn feel worse.

Don't forget simple strategies such as wearing a hat and sunglasses, and you will be able to enjoy the outdoors safely all summer long.

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The Standard

ADVERTISING FEATURE

BUSINESS PROFILE

Made in St. Catharines

Made in St. Catharines

What's hot in mattress trends these days?

Everything cool, according to Mike Mulholland, owner of Bestway Bedding.

The St. Catharines businessman has kept pace with the latest trends for more than two decades while operating a custom mattress manufacturing business and showroom on Scott Street in St. Catharines.

"Memory foam came out about 10 years ago, but it was retaining too much heat, so newer styles are gel-infused in a bead or liquid form, and that reduces the heat from the body," Mulholland explains.

As a second-generation mattress maker, he knows the importance of creating custom comfort for every customer. In the modern world, we all deserve the best sleep possible to face every fast-paced, stress-filled day.

Bestway delivers, by having the ability to manufacture each mattress to suit a variety of body shapes, sizes and support needs.

Consider two people, each weighing 250 pounds, but one at a height of 5-foot-5 and the other at 6-foot-5. The way they carry their body weight will differ, and so will their support needs in a mattress.

Couples can face a similar dilemma, he notes, but again, by meeting with the customer in the showroom, discussing their wants and needs, Bestway's staff are then able to create the mattress that will suit the client.

And unlike other stores, if the mattress needs adjusting, Bestway will pick it up, make the necessary adjustments, and deliver it back to the customer, all in the same day and with no extra charge. The same guarantee also applies if the customer takes a few days to sleep on it.

Bestway has also adopted a greener approach to mattress making in the past few years, offering natural product components and options, such as organic cotton and bamboo pulp, as well as natural-sourced latex rubber. The bamboo pulp is another way of producing that cooling sensation, Mulholland notes.

"Shop all around and then come and see us to compare. We like to have an educated consumer who will see the quality we offer with a direct buy from the manufacturer."

Bestway Bedding originally located in Niagara 23 years ago in part because of the amount of commercial work from area retirement homes and hotels and motels in the region's tourist centres.

Over the years the company has supported many community causes, including sports teams and the Brain Injury Association of Niagara. The company has also produced a pink mattress in October to raise awareness and funds for breast cancer research.

For more information, go online to www.bestwaybedding.com, phone 905-685-6333, send an email to info@bestwaybedding.com, and then visit the showroom at 50 Scott St. West.

What's Hot in Mattresses Today Made to Order

St. Catharines Only Mattress Factory.....

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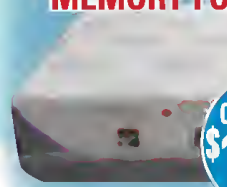

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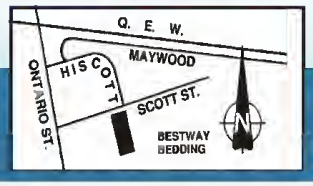

PELHAM NEWS DATEBOOK

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Welland 30 Rice Rd. 905-735-6819

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JUNE 26

TRAFFIC CONTROL

workshop at Employment Solutions, 3 East Main St., Welland, 9 a.m. to 11 a.m. Call 905-788-3751 or e-mail reception@employment-solutions.org.

FIRST AID/CPR/AED

instruction, and on June 27, at Employment Solutions, 3 East Main St., Welland, 9 a.m. to 4:15 p.m. Call 905-788-3751 or e-mail reception@employment-solutions.org.

JUNE 27

EMBRACING AGING

series of four workshops related to what to expect as we age continues today, 10:30 a.m. to 11:30 a.m. at the Welland McMaster Family Health Team, 555 Prince Charles Dr., second floor. The focus will be on how to stay healthy, active and involved while navigating the journey of aging. Call 905-734-9699 ext. 221 to register.

JUNE 28

MEDITATION

at Pelham Public Library. Marcia leads you through different types of meditations, 2 p.m. to 4 p.m. Great for beginners and people who have meditated before. Bring a pen and notebook. Cost $3; register ahead at 905-892-6443.

JULY 4

JFK ASSASSINATION:

The Original Investigation and the New Coverup. This year marks the 50th anniversary of the Warren Commission investigation. Researcher Randy Owen has interviewed many people directly connected to this pivotal event. A presenter at various JFK assassination conferences, his contributions have resulted in a Legacy Award (among others) from the JFK Lancer research group. He'll be at Pelham Public Library at 7 p.m. Register at 905-892-6443. Cost $5.

JULY 7

KIDS VBS CAMP

at Fonthill United Church, to July 11. Theme: Building with God. No fee; snack provided. To register, call 905-892-6433.

Continued on next page

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PELHAM NEWS DATEBOOK

ONGOING

TAKE OFF POUNDS SENSIBLY

TOPS has meetings available in Welland on Monday or Wednesday evenings and in Port Colborne Tuesday evenings or Wednesday mornings. Come join us and learn how to live a healthier lifestyle. Call 904-734-4823 or e-mail ac.sharon@hotmail.com.

OPEN ART NIGHTS

Join us every Tuesday from 8 p.m. at 75 West Main St. Open to all adults. Bring your own equipment, supplies, and materials and enjoy a social environment with other creative people. Open to painters, illustrators, photographers, or all other creative forms. For more information, contact deadpopstar70@gmail.com or check out blxtv.ca.

INFERTILITY SUPPORT GROUP

Niagara meetings are held the first Wednesday of each month at 6:30 p.m. for anyone experiencing primary infertility. Call or text 289-821-4606 or e-mail infertilityniagara@hotmail.com for location or more information.

WELLAND FRIENDLY CLUB

seniors bingo, every Wednesday at 1 p.m. at Wesley United Church, 244 First Ave. N. Everyone welcome.

WELLAND RIVER KEEPERS

meets the third Tuesday of every month at Niagara Peninsula Conservation Authority office, 250 Thorold Rd. W., Welland, third floor, 7 p.m. More info, 905-735-9861.

DROP-IN BRIDGE

Wednesday at Pelham library, 1 p.m. to 3 p.m. Come alone or with a friend. Refreshments. Call ahead for the schedule at 905-892-6443. Cost $1.

FIBROMYALGIA MEETING

Every second Tuesday through June at Rapelje Lodge, Plymouth Rd., Welland. More info, Vicki 905-384-2294. Support, understanding and open discussions.

TGIF CRAFT AFTERNOON

The popular "yarn exchange" at Pelham Public Library has been expanded to include all kinds of crafts. Bring your yarn, needles, hooks; scrapbooking, stamping and beading supplies; fabric, etc. and trade for something you can use. All leftovers will be used for library programs or donated to a non-profit. Runs 1 p.m. to 3:30 p.m. Cost $2.

WOMEN'S INSTITUTE

The Fonthill-Singer's Corners branch of the Women's Institute is looking for new members. We meet on the first Wednesday of the month, 1:30 p.m. to 4 p.m. We welcome women wishing to contribute to our community. If you would like to enjoy the fellowship and events planned for this coming year, please call 905-892-6891 for more information.

FUNG LOY KOK TAOIST TAI CHI

classes run 7:30 p.m. to 8:30 p.m. at Glendale Public School, 24 Farnham Ave., Welland. Call 905-935-7583 or visit taoist.org/niagara for more information.

E-READERS

and Chromebooks are now available for loan at Port Colborne Public Library. Drop by the library for more information.

ROSE CITY TOASTMASTERS

meets Thursdays, 7 p.m. to 9 p.m. in the Lower Community Room of Welland Arena, 501 King St. We focus on improving communication skills in a friendly, supportive atmosphere. Your first three meetings are free. Call 289-696-3167 or visit welland.toastmastersclubs.org.

A CAPPELLA NIAGARA

Men's Chorus invites singers for fun, fellowship and fabulous four-part harmony at Welland Community Wellness Complex, 145 Lincoln St., Tuesdays, 6;30 p.m. For information call Kerry at 289-820-6584.

BEREAVEMENT SUPPORT

Anyone who is grieving the loss of a loved one, meetings are every second and fourth Thursday of the month at St. Kevin's church (Hospitality Room) from 7 p.m. to 9 p.m., 303 Niagara St. Call 905-732-3969 for further information.

NIAGARA REGIONAL LITERACY

Council assists adults in improving their reading, writing, grammar, math, spelling and computer skills and provides GED preparation and readiness for work programs. Our literacy and essential skills programs are free of charge and can be done through one-on-one tutoring or small group classes. Located at 3 Great Western St., attached to the St. Catharines Via train station. Call Pat at 905-687-8299 for more information.

SPAN

(Single Person Association of Niagara) is a social club since 1982 for mature singles who meet and mingle at Iggy's Pub, 115 Hwy. 20, Fonthill, every Tuesday 6 p.m. to 8 p.m. Members get a monthly calendar of social activities. For info, call Lynie at 905-788-0359.

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Pelham NIAGARA

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The Standard

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Customer Appreciation Day
July 2nd, 2014

FIGHT BELLY FAT WITH CLA PLUS & GLUCOSMART

by Lorna Vanderhaeghe

If weight loss were as simple as reducing calories and running the treadmill we would all be thin. But weight loss can be effortless when we adopt a new way of eating and take a couple of Health Canada licensed nutritional supplements that get to the root of the weight problem.

CLA PLUS Fat that Burns FAT

CLA PLUS contains conjugated linoleic acid (CLA) and green tea extract. CLA is a fat that safely melts fat away. In a 90-day, double-blind, placebo-controlled study published in 2000 in the Journal of Nutrition, CLA users taking 5000mg of CLA per day had an average weight reduction of seven pounds and an increase in lean muscle with NO diet change. CLA in a dose of 8000mg per day was also given to a group of post menopausal women and they lost weight with no diet change. Just think if they would have eaten a fat burning diet too! **CLA PLUS** also contains green tea extract to super charge weight loss and rev up fat burning by enhancing metabolism.

Belly Fat Busting GLUCOsmart

Belly fat is a stubborn problem. No end of sit-ups and crunches make it disappear. We know that insulin is implicated in belly fat weight gain in both men and women. Elevated insulin promotes weight gain, diabetes and excess belly fat. Skin tags are an early sign of pre-diabetes. Thankfully, busting belly fat and normalizing insulin just got easier. The nutrient Chirositol (pronounced "kur-au-sitol"), found in **GLUCOsmart** researched in over 30 studies at the Virginia Medical School, works to keep blood sugar in the healthy range. **GLUCOsmart** halts sugar cravings. But where **GLUCOsmart** really shines is in fighting belly fat in both men and women. Combine **CLA PLUS** along with **GLUCOsmart** and drink **SLIM-T** containing Garcinia and weight loss will be effortless.

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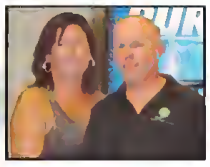

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